**Department of Veterinary Medicine**

**Wellbeing and Mental Health Oversight Group**

**Meeting: Wednesday 11th December 2024, 1.00 – 2.00pm HR Meeting Room**

**Members:**

Present: Dan Tucker (DT), Joanna Hudson (JH), Julie Ingham (JI), Bethany Guy (BG), Alina Solina (AS) Nicky Holdstock (NH) Rachel Worsley (RW) Sharon Chandler (SC)

Apologies: Nick Bexfield, Katie McCallum, Jane Dobson, Mark Holmes

**Agenda:**

1. Minutes of meeting of 11th July 2024: accepted.
2. Matters arising from previous meeting (not addressed elsewhere in the agenda):

**Students Support Document (SSDs)**

Committee discussed changes and updates with work around implementation of SSDs in clinical years. Nick Bexfield reported that lots of improvements were in progress with SSDs during rotation year. Information is now circulated to relevant teaching staff about individuals with SSDs (with consent). Feedback has been improved and there is an appetite to continue to improve the system going forward. Nicky Holdstock highlighted a need to optimise how we implement SSD recommendations in the small group clinical practical sessions in 4th and 5th yr. Nicky Holdstock, Rachel Worsley and Dan Tucker to take offline.

**Recent news about General Board Review to staff and students**

It was noted that while the recent news about the RCVS Accreditation and General Board review had been very worrying to staff and students there was notable appreciation for the open supportive communication from senior management. The group noted the importance of these messages and agreed that WMHOG could assist by emphasising the value of keeping communication open and transparent.

**Peer support for line managers**

Sharon Chandler brought up discussion around peer support for line managers. Alina and Julie to take offline and see if there is any budget for this.

**Wellbeing Week**

There was a discussion around the upcoming wellbeing week planned for 3-7 February 2025 and planning the activities and initiatives. Events will include a mindfulness lunchtime session, a guest speaker (Katie Ford / Imposter Syndrome) with refreshments after, and a lunchtime walk.

**Wellbeing communications and other updates:**

* Coffee machine in staff room: Since the last meeting we have a new coffee machine installed – on free vend which is very popular among staff and students at the department. To bring up at next meeting to see if there is a way we can evaluate this as a wellbeing resource.
* World Mental Health Day (10 Oct 2024) was marked with coffee and cakes in the staff room. The event was very well attended and staff ideas around wellbeing initiatives were collected (to be discussed at the next meeting).
* Departmental Quiet Room: Joanna noted that the room’s usage is building up. Family members of the person commemorated through donations for the refurbishment had visited.

**Wellbeing budget**

Our budget at the time of the meeting was £1580.

**Any other business**

To add wellbeing signposting to bi-weekly Departmental newsletter.